

## How to Exercise the Bowels

They do not waste any precious fluid of the Bowels, as Cathartics do.  
They do not relax the Intestines by greasing them inside like Castor Oil or Glycerine.  
They simply stimulate the Bowel

And, the Exercise these Bowel Muscles are thus forced to take, makes them stronger for the future, just as Exercise makes your arm stronger.



MY  
WATCH  
POCKET

Cascarets are as safe to use constantly as they are pleasant to take. They are purposely put up like candy, so you must eat them slowly and let them go down gradually with the saliva, which

They are put up purposely in thin, flat, round-cornered Enamel boxes, so they can be carried in a man's vest pocket, or in a woman's purse, all the time, without bulk or trouble.

Price 10c a box at all druggists.

Be very careful to get the genuine, made only by the Sterling Remedial Company and never sold in bulk. Every tablet stamped "CCC."

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**FREE TO OUR FRIENDS!**

We want to send to our friends a beautiful French-Canadian, GOLD-PLATED PORTBON BOX, with a picture of the "MONTREAL MOUNTAIN" on the interesting label. You come in stamps in return as a measure of your faith and to cover cost of Cascarat, French and Canadian postage.

Washington is either off home mending fences or tortured with reports from home that if he does not mend his fences he will not be able to stay. He thinks that four years would give a man at least three years rest from politics at home, and in that time he would be able to mend his constituents what he was good for.

For a Christmas present to Irving Baxter, Federal Attorney, Nebraska, the President took his official scalp. The Nebraska members are up in arms about it, too. Two "landfencers" were indicted for the purpose of making the famous guerrilla, and Baxter did the work which procured the indictment of them. The sentence of Judge Munroe was to hang them. The President said that they be held in durance vile for 24 hours, the United States Marshal to their jailor. He thought the sentence so high that he left the two men, who had been guilty of unlawfully fencing over 240,000 acres of land, in the hands of their attorneys, and held the two men in the safe, keeping the two men until the six o'clock hour. The President fired the Marshal, and requested the resignation of Baxter. The President refused to resign, and the President removed him.

By direction of the President, Col. Walter D. Price, 1st Inf., on his own application, and more than 20 years of service, has been placed on the retired list of the Army with the rank of Brigadier General under the provisions of the act of Congress approved April 22, 1904.

Gen. Price has had command of the 1st Inf. since October, 1902, and has been recently on duty as military representative of Pennsylvania, he entered the military service in December, 1861, as second Lieutenant of the 2d Pa. and was promoted to captain, major, lieutenant colonel, and colonel, and was brevetted Major General, being honorably mustered out as Captain of his regiment in January, 1865. In May, 1866, he was appointed Adjutant General of the 1st Division, and was gradually promoted until he reached the grade of Colonel in October, 1902.

Uncle Sam gave his yearly "hand-out" to members of the House last week in the way of mileage allowances. The members were given \$100 each, and put the mail to gladden the hearts of the members in this holiday season. This decision is eagerly looked forward to by the members, but at the end of the capitol, for in a great many cases, if mileage be true, the allowance is the nature of "velvet" to those who don't wear it.

The largest check went to the Dele-

from Hawaii, who received \$2-  
15.30. The next highest went to Rep-  
resentative Cushman of the State  
of Washington, who got \$1,412.40. The  
Texans men received around about \$560  
each, and the amounts tapered down  
as the distances shortened.

The Eskimoes Representatives were  
the unluckiest; they got only \$16.50.  
Still, by judicious economy they can  
manage to worry through the trip to  
Albion on that.

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54.

55.

Ferry's needs are best because 50  
successful years have been spent in  
these developments—half a century  
of expert care in making them  
superior to all others.

We are specialists in growing  
50% and vegetable seeds.

1908 Seed Annual free.

D. M. FERRY & CO.,

**FERRY'S SEEDS**

xials at the age of 68, and wholly disabled at the age of 70. If the claimant cannot show that he has greater disability at these respective ages than he exhibited at the age of 68, it is of no use for him to describe his ailments at the age of 70 as a disadvantage, in fact, because it will incur the expense and delay of medical examination. If a claimant is in fair health for his age, it is not a disadvantage if more than the "Age" Order.

Any one, however, who is sure that he is more disabled than is allowed for by the "AGE" Order should write to W. Shoppell, or The National Tribune, Washington, D. C., and a proper rank will be mailed him without cost.

## Widows.

Upon the death of your soldier husband, apply for pension promptly. It is one of the provisions he leaves for your maintenance. In most cases the pension will commence from date of application. Something is lost by delay. Write to R. W. Shoppell, or The National Tribune, Washington, D. C., and a proper blank will be mailed you.

## All About Pensions.

**"Age" Order.**

of June 27, 1896, and May provided for a pension, according to disability from 35 to 60 months for any soldier of the rebellion who served 90 days as honorably discharged.

"AGE" Order simply says a claimant who has arrived at 62, or 65, or 68, or 70 is not without further proof (and, if 70, without examination) to disability sufficient to warrant pension at age of 62; at age of 65; \$10 a month at 68, and \$15 a month at 70.

**Who Have Never Applied for Pension.**

upon these comrades that duty to apply. If many are so that they do not need it, it is simply money to help those who need it. Under the "AGE" application can be made that, even, does not involve examination, but a few years' delay is objectionable to many.

W. W. Shoppell, or The National, Washington, D. C., and

a proper blank will be mailed you without cost.

**To General Law Pensioners Drawing Less Than \$12.**

If under the law of June 27, 1890, as construed by the New "AGE" Order, which gives advantage, a pensioner will receive an increase. He should write to R. W. Shoppell, or The National Tribune, Washington, D. C., and a proper blank will be mailed him without cost.

**To Pensioners Under the Act of June 27, 1890, Who Are Receiving Less Than \$12 Per Month.**

Read very carefully the new "AGE" Order given in another column. If it allows you more pension than you are now receiving, write to R. W. Shoppell, or The National Tribune, Washington, D. C., and a proper blank will be mailed you without cost.

**To Those Wanting to Allege More Disability Than Is Prescribed by the "Age" Order.**

Under the "Age" Order it is assumed, if the contrary does not appear, and all other legal requirements are properly met, that a claimant is half disabled for manual labor at the age of 62; two-thirds disabled at the age of 65; two-

sixths at the age of 68, and three-fourths disabled at the age of 70. It cannot show that disability at these respective ages. It is of course, necessary to describe his ailments and disability, in fact, because of the expense and delay of examination. If a claimant is in good health for his age, it is of course for more than is allowed for.

Any one, however, who is more disabled than is provided for by the "AGE" Order, should write to R. W. Shoppell, or The National Tribune, Washington, D. C., and a proper blank will be mailed him without cost.

**Widows**

Upon the death of a pensioner, apply for pension on one of the provisions for your maintenance. In pension will commence application. Something say, Write to R. W. Shoppell, or The National Tribune, Washington, D. C., and a proper blank will be mailed you without cost.

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